

FAMILY RESOURCE CENTER FACT SHEET

Program Description

Family Resource Centers (FRC) are being created to address an identified gap in children's services. FRCs are specifically designed to target children who do not continue to need an intensive level of services and are transitioning to a lower level of care. Members of the local community will also be able to walk into these centers to obtain culturally sensitive supports, education and resource material that may prevent the need for an intensive mental health program. Self-help support groups will be a key service component. These groups will provide a supportive network for children/youth dealing with mental illness, engage families/caregivers who have children involved in the mental health system, improve coordination of services and improve outcomes for children with mental health and other behavioral issues. FRCs will assist children, their parents/relatives and other caregivers to develop resiliency and maintain healthy families in the community.

Target Population

Services will be available to children (birth to 21 years of age), their parents/relatives and other caregivers and community members.

Service Components

FRCs will be located in existing child mental health clinics. Services at the FRC will be available to children with open cases, their families/caregivers and members of the local community. Services will fall into one of two categories: Family Support Services and Mental Health Services

Potential Family Support Services

- Family Education and Support
- Parent Partner services
- Support Groups
- Relaxation/meditation classes
- Exercise/yoga classes

- Nutrition/cooking classes
- Gardening
- Drama, Art and Dance Classes
- Safety Classes
- Educational Resources
- Gang Prevention
- Case management
- Life Skills Enrichment Classes

Mental Health Services

- Family Support Services
- Medical Evaluation
- Case management/resource linkage
- Mental Health Screening and Assessment
- Mental Health Services Sensitive to Culture, Disability, and Gender/Orientation needs
- Psychotherapy (individual, family, group)
- Perinatal/infant health
- Substance Abuse Screening and Brief Intervention
- Crisis Intervention/Counseling
- Health Education
- Medication Evaluation and Support
- Occupational Therapy

Funding

The MHSA Three Year Expenditure Plan has allocated funding as follows:

- FWRC - \$750,000 for FY 15/16 and 16/17
- Self- help support groups - \$75,000 for FY 15/16 and 16/17

Proposed Staffing

Directly Operated

- Parent Partner/Advocate (Community Worker)
- Substance Abuse Counselor
- Psychiatric Social Worker

Legal Entities

- Solicitation
- North & South Family Resource Center

Allocations of funding

50%

50%